

[facs] Fats Lab Ideas

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Here are some of the ideas I have gotten for fats labs:

Sugar Custos

French Fries

Onion Rings

Pie

Cake with applesauce (replacing the oil)

Low-fat chocolate chip cookies

Low-fat brownies

Bean dip with chips

Grilled cheese sandwiches (one with regular cheese and one with low fat)

Attached are the recipes I received and my recipe for chicken fingers.

Thanks again everyone!

Vikki Masters